

**I've contracted manflu. I did it for the cause.**  
Vicky Mochama, **metroVIEWS**

# Calgary metro



**CANADA'S PREHISTORIC POTATOES**  
metroNEWS



Your essential daily news | THURSDAY, JANUARY 5, 2017

High -5°C/Low -13°C Cloudy ☁️



The Avalanche's Carl Soderberg has his shot stopped by Flames goalie Brian Elliott in the first period in Calgary on Wednesday.  
JEFF MCINTOSH/THE CANADIAN PRESS

## 'Gentleman' killed fighting Daesh in Syria

**COMBAT**  
**Edmonton man driven by his conscience, says ex-girlfriend**



The ex-girlfriend of 24-year-old Nazzareno Tassone, who left Edmonton for Syria to fight against Daesh but was killed in action recently, said he was always driven to follow his morals.

"He always wanted to do the right thing, and he wanted to know what was going on in the world, and I think that shows with his actions," said Mya Schlender, who dated Tassone when he lived in Edmonton.

On Dec. 21, Tassone was fighting alongside Kurdish forces when he was killed in the Syrian city of Raqqa, according to a letter the Kurdish People's Defense Units sent his family.

Tassone's family is asking the Canadian government to help recover his body for a funeral.

Tassone worked in Edmonton for the Canadian National Railway and then Impark.

He also joined the live-action roleplay (LARP) community, where he met Schlender in early 2014.

"He definitely tried to get my eye," she said. "He held open doors, he made sure I was okay, bought me a couple drinks. He was an absolute gentleman."

The couple dated for about six months and lived together for four.

"He was also really kind to his friends, he did whatever he could for them."

Schlender said Tassone participated in a handful of LARP events in the city, where he took on a character she describes as heroic.

She is now a reservist in the Armed Forces and said the two signed up for the Canadian military on the same day, though she said they broke up before she

found out if he got in.

Of his death fighting Daesh, otherwise known as ISIS, she said: "I think it was honourable."

Schlender said Tassone gave no hint of his eventual plans. He was taking classes to eventually teach English and planned to go to Japan, she added.

"As far as going to Syria? I had no idea. But looking back on it, it seems like the sort of thing he might have wanted to do."

**I think it was honourable.**

Mya Schlender

## DENIED Flames look to get back in fighting form behind red-hot Elliott

Go to **metronews.ca** for coverage of Wednesday's Flames-Avalanche game



## COURTS

# Man who killed seniors sentenced Jan. 25

A judge is to deliver sentencing later this month — anywhere from time served to life in prison — for a man convicted of killing two Alberta seniors who disappeared on a camping trip.

Travis Vader was found guilty of manslaughter in the 2010 deaths of Lyle and Marie McCann.

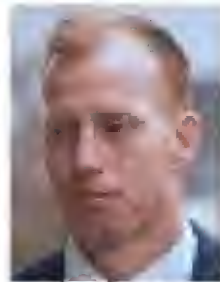
The couple, in their late 70s, vanished after leaving their home in St. Albert, northwest of Edmonton, on a camping trip to British Columbia. Their

burned-out motorhome and a vehicle they had been towing were later discovered.

Their bodies have not been found.

A sentencing hearing that began in December wrapped up Wednesday.

Justice Denny Thomas said



Travis Vader  
THE CANADIAN  
PRESS FILE

he will be ready with a decision Jan. 25.

Thomas has described Vader as a desperate drug addict who came across the McCanns in their motorhome near Peers, Alta., and killed them during a robbery.

The seniors were “truly innocent users of the highway” before they met up with the 38-year-old stranger, the judge said.

The Crown is asking for a life sentence, saying Vader was

out on bail and on the run on other charges when he killed the vulnerable couple.

He also showed no remorse after the killings, using their cellphone the same day to call an ex-girlfriend and their money to buy beer and a phone card.

The defence is arguing that Vader should receive four to six years but get at least six years credit for pre-trial custody.

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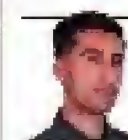


An employee works on a pressing. JEFF MCINTOSH/THE CANADIAN PRESS

## Vinyl shop packs it in

## BUSINESS

### Canada Boy's closure huge loss to local music scene



Aaron Chatha  
Metro | Calgary

One of Canada's only vinyl-pressing plants has closed its doors, to the dismay of people in the local music community.

Canada Boy Vinyl, located in Calgary, opened in 2015 and quickly became a hot spot for quality vinyl printings, especially for small to mid-tier bands.

“They were fantastic to work with,” said Nick False of the band the Foul English. “We had our producer go in and work with their cutting engineer to make our master disc exactly how we wanted it.”

Unfortunately, for the past month, calls to Canada Boy Vinyl have gone unanswered, and the doors to the building have been locked.

“This New Year brings bad news. It is with great sadness that I must report that we do not expect CBV to be able to continue operations,” read an online response by founder Dean Reid. He told Metro that

he hopes to give more information on the shut down next week, as he constructs a plan to go forward.

For local bands such as the Foul English and Jo-Jo O' & the WOODS, it's been an asset.

“It was awesome to listen to our test pressings in their listening room, at the plant. Who gets to do that?” said Jo-Jo O'Donoghue, of Jo Jo O' & the WOODS.

It also providing decent pricing options for bands that didn't need thousands of copies, and could cut costs by picking up the records in person.

With the recent resurgence of vinyl's popularity, it seemed like things were going well for Canada Boy.

Now, online, those who have placed orders are worried how they will be filled.

False cannot do a second printing of his band's album, and as a result he only has 19 left to sell. Worse, his master is located inside the Canada Boy Vinyl building — and if he cannot obtain it, it will cost more money to create a new master with a new company.



They were  
fantastic to work  
with.

Nick False of the Foul English





# Catholic bishop resigns after nearly two decades

## Mixed reaction

### RELIGION

### Henry says ailing health prompted decision

The Calgary bishop known for his hardline stances on protections for LGBTQ youth and the HPV vaccine says he is leaving the role he has held for almost two decades due to ailing health.

In his resignation letter to Pope Francis posted Wednesday on the Calgary Catholic Diocese website, Most Rev. Fred Henry said he has an incurable type of arthritis that is also an autoimmune disease.

A spokesman for the Canadian Conference of Catholic Bishops says the church usually requires bishops to resign at 75.

Henry, who is 73, said he started writing the letter to the pontiff more than three years ago. He said when he was 35, he was diagnosed with ankylosing spondylitis, which has severely reduced mobility in his spine over time.

"I can no longer turn my head sideways but must turn the whole upper body to look left or right," Henry wrote. "In addition, I can't really look up but have a perma-

nent stoop and my feet are much more familiar to me than the sky."

He said the inflammation from the disease has also affected his eyes and lungs while his hearing has been diminished.

"My condition cannot be reversed. I have jokingly said that 'pain is my best friend, we are always together' but it is wearing me out and limiting my ministry," Henry wrote.

The pontiff has appointed Most Rev. William Terrence McGrattan, bishop of the Peterborough, Ont., diocese, to succeed Henry.

McGrattan, who is 60 and a native of London, Ont., is to be installed in Calgary on Feb. 27.

Henry, who oversaw 67 parishes and missions with a Catholic population of more than 435,000, was one of three Catholic bishops

to criticize the Alberta government last year over its plans to protect LGBTQ students in schools, particularly transgender children.

"Totalitarianism is alive and well in Alberta," Henry wrote in

a public letter to his faithful last year. "This approach and directive smack of the madness of relativism and the forceful imposition of a particular, narrow-minded, anti-Catholic ideology ... and must be rejected."

THE CANADIAN PRESS



Bishop Fred Henry is stepping down due to health issues. He has been fighting a condition called ankylosing spondylitis since his mid-30s. CONTRIBUTED

Bishop Fred Henry was known for striking an adversarial tone when it came to LGBTQ issues in the public sphere.

■ **Kristopher Wells**, with the Institute for Sexual Minority Studies and Services at University of Alberta, said he hopes the tone will be different when Bishop McGrattan takes over.

"Bishop Henry has certainly been no friend to the LGBTQ community and has been, I think, constantly out of step with progressive values of the majority of Albertans," said the assistant professor at the university. "I really hope that a new bishop will seek to build bridges and use faith as a way to include rather than exclude."

■ **Juliet Guichon**, an assistant professor at the University of Calgary who specializes in bioethics, said she wishes Henry well, but believes he was misguided on issues such as the HPV vaccine. Henry was staunchly opposed to administering a vaccine against the human papillomavirus, or HPV, in schools.

"He lacked important information and he might have engaged with the health-care community, but he chose not to despite requests," she said.

■ **Shannon Phillips**, Alberta's environment minister, speaking on behalf of the NDP government, said Henry has been a strong advocate for climate change action and poverty reduction initiatives.

As for the LGBTQ issue, Phillips said "he was to be accountable to his folks and we have to be accountable for safety of children in classrooms."

THE CANADIAN PRESS

**"I have a permanent stoop and my feet are much more familiar to me than the sky."**

Bishop Fred Henry

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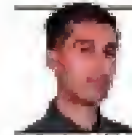
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# Owner ticketed after attack

CASTLERIDGE

## Four-year-old still in hospital; pair of dogs in bylaw custody



**Aaron Chatha**  
Metro | Calgary

The owner of two dogs involved in a vicious attack on a four-year-old boy Tuesday has been ticketed and the canines have been seized.

Emergency services responded to a home in the 0 to 100 block of Castleridge Way NE around 3:10 p.m. When they arrived, they found the boy had sustained multiple bites after being attacked by the dogs. He was transported to hospital in serious condition.

EMS said his injuries are not considered life threatening. There were no other reports of injuries at the scene.

According to police, the boy was with his parents visiting family at the time of the attack. The boy had gone to a fenced area where the dogs were to play with them. The boy's father



The dogs were peacefully taken away, one at a time, by Bylaw Services on Tuesday. AARON CHATHA/METRO

witnessed the attack and took the boy inside the home and the dog owner secured the dogs and called 911.

Later in the afternoon, Bylaw Services peacefully took the two large dogs out of the home, without muzzles and one at a time. The dogs howled as they were



**I've seen them get away a couple of times.**

Renny Chapman

transported away.

Two German Shepherd dogs, one male and one female, were seized. Tickets were issued for a vicious attack causing severe physical injury, with each carrying a maximum \$10,000 fine.

Renny Chapman, a neighbour, said he's seen the dogs around

before — they've escaped several times, he said.

"They didn't seem vicious or anything, but I've seen them get away a couple of times," he explained. "I drove by there once in the morning and the door was open, so nobody knew they got out."

HISTORIC BUILDING

## Fire damages manse



**Brodie Thomas**  
Metro | Calgary

The Calgary Fire Department responded to a fire at the former First Baptist Church manse Wednesday morning.

When crews arrived, smoke and flames were visible and the fire was upgraded to a two-alarm fire.

Although there was no one in the building, fire crews evacuated the church next door as a precaution.

According to the CFD, the design of the building hampered their ability to fight the fire as the flames travelled between floors and behind walls. Crews opened the walls in several places to gain access to the fire.

No injuries were reported.

The manse was built in 1911 and is on the city's registry of historically significant properties. Josh Traptow, executive director of the Calgary Heritage Authority, said the building is historically significant but not municipally protected.

Calgary



Watch for your

## 2017 Property Assessment Notice

The City of Calgary mailed the 2017 property assessment notices on Jan. 5, 2017. You are deemed to have received your assessment notice on Jan. 5, 2017, the date of this publication. The information contained in these assessment notices will be used to prepare the 2017 property tax bills.

### Customer Review Period (Jan. 5 – March 6, 2017)

If you have any questions about your 2017 property assessment, contact Assessment at 403-268-2888 during the Customer Review Period on now until March 6, 2017.

### Our website can help

Visit [calgary.ca/assessment](http://calgary.ca/assessment) for more information and to access Assessment Search. By logging into Assessment Search, you can review your assessment, compare it to other similar properties and more.



2016-2846

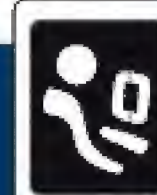
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# Welcome to Canada

Ottawa is quietly working on a plan to use computers to assess immigration applications and make some of the decisions currently made by immigration officers, Torstar has learned.

Since 2014, the Immigration Department has been developing what's known as a "predictive analytics" system, which would evaluate applications in a way that's similar to the work performed by of-

ficials today.

The plan — part of the government's modernization of a system plagued by backlogs and delays — is to use the technology to identify the merits of an immigration application, spot potential red flags for fraud and weigh all these factors to recommend whether an applicant should be accepted or refused.

At the moment, the focus of the project is on building pro-

cesses that would distinguish between high-risk and low-risk applications, immigration officials said.

"Predictive analytics models are built by analyzing thousands of past applications and their outcomes. This allows the computer to 'learn' by detecting patterns in the data, in a manner analogous to how officers learn through the experience of processing appli-

cations," said department spokesperson Lindsay Wemp. "The goal is to improve client service and increase operational efficiency by reducing processing times while strengthening program integrity."

The project was approved by the former Conservative gov-

Canadian immigration applications could soon be assessed by computers. TORSTAR NEWS SERVICE



ernment cabinet in February 2013. Wemp said there is no firm timeline on when automated decisions might be a viable option.

"This is the greatest change in immigration processing since the Internet. What requires weeks if not months to process would only take days with the new system. There are going to be cascades

of savings in time and money," said immigration lawyer and policy analyst Richard Kurland.

The Immigration Department's Wemp, however, said the department's plans shouldn't be classified as artificial intelligence because a predictive model cannot exercise judgment in the same way as a human and officers will always remain central to the process.

## HERITAGE

### Growing a wapato proves arduous task



Jen St. Denis  
Metro Vancouver

Last April, members of the Katzie First Nation gathered on the rocky beach of Alouette Lake to do something they hadn't done in over 100 years. They were there to cook and eat wapato, a type of potato that had once been a staple of their diet.

Recently published results

of an archeological dig show that the Katzie were cultivating wapato near Pitt Meadows as far back as 3,800 years ago.

After trial and error, Debbie Miller, general manager of the Katzie Development Limited Partnership, and the community were able to grow the wapato in enough quantity.

Some have described it as tasting a bit like asparagus or like the cob part of corn.

"It's not awful — but plain it's not very good," Miller said.



A pair of wapato bulbs. CONTRIBUTED

## SHOOTING DEATHS

### Do more for vets, watchdog insists

Canada's military watchdog urged the federal government Wednesday to do more for soldiers forced out of the Canadian Forces for medical reasons after an Afghan war veteran and three family members were found shot dead in Nova Scotia.

Ombudsman Gary Walbourne wants Ottawa to ensure injured military personnel have all the necessary benefits and supports in place before they are forced to turn in their uniforms.

Retired corporal Lionel Desmond, 33, was found dead Tuesday in a home in Upper Big Tracadie, N.S., from what appeared to be a self-inflicted gunshot wound, RCMP say. His wife Shanna Desmond, 31, their 10-year-old daughter Aaliyah and his mother Brenda Desmond, 52, also died of apparent gunshot wounds.

RCMP would not confirm outright that the deaths were a murder-suicide, saying the investigation is ongoing.

THE CANADIAN PRESS

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# Man faces jail for helping migrants

FRANCE

## Farmer could get up to five years in prison

A French activist farmer facing potential prison time defended his aid to illegal African migrants in court Wednesday, calling it an act of humanity and not a crime.

"Helping someone is not an offence!" read a placard at a protest in support of farmer Cedric Herrou outside the courthouse where he went on trial Wednesday.

The case has called attention to those who have resisted Europe's anti-migrant sentiment and are offering food, lodging or other aid to people from impoverished or war-torn countries coming to Europe illegally. There has notably been an outpouring of support in the Roya valley in the Alps this year.

Herrou went on trial charged with helping illegal migrants



Cedric Herrou AP/GETTY IMAGES

enter France, travel in France and stay in France. His lawyer Zia Oloumy pleaded for acquittal, insisting a crime hasn't

been proven.

The prosecutor asked for an eight-month suspended prison sentence and confiscation of Herrou's vehicle.

The court could sentence him to up to five years in prison and 30,000 euros in fines if a guilty verdict is delivered Feb. 10.

Herrou says he is doing his civic duty and will keep helping the migrants, who are mainly from Eritrea and Sudan.

"The law is against me, against actions to help people in need, so we have to change the laws," he said.

Lucia Palermo, a 36-year-old artist from the Italian border town of Vintimiglia, was among several people demonstrating in support of Herrou.

"I'm concerned by the fact that if we show solidarity with a European, there is no problem. But if you show solidarity with a migrant ... it's a problem."

"This concerns me a lot," Palermo said.

THE ASSOCIATED PRESS



VIDEO ON THE METRO APP

**CHINA SMOG SO THICK YOU CAN BARELY SEE** A woman uses a scarf for protection against air pollution on a pedestrian bridge in central China's Anhui province. The province was blanketed by severe smog on Tuesday. THE ASSOCIATED PRESS

## Istanbul on high alert as manhunt continues

Police increased security around Istanbul on Wednesday and detained some 20 people with suspected links to the deadly New Year's Eve night club attack as the hunt for the gunman stretched into a fourth day.

Turkish Foreign Minister Mevlut Cavusoglu said the gunman — who killed 39 people during New Year's celebrations at the Reina club before reportedly escaping in a taxi — had been identified, but did not name him.

Police set up checkpoints across Istanbul as security levels remained high. They stopped cars and taxis, with passengers and drivers holding up their identifications while officers inspected the vehicles.

The city has been on edge

since the attack on the upscale club popular with local celebrities, and on Wednesday residents beat up a man said to resemble the wanted gunman before handing him over to police, the Dogan news agency reported.

Some 20 people, including 11 women, were taken into custody in police raids in the Aegean port city of Izmir, the state-run Anadolu agency said.

The suspects were believed to have lived with the gunman in an alleged Daesh cell house in the central Turkish city of Konya, the agency reported.

Daesh has claimed responsibility for the attack, saying it was in reprisal for Turkish military operations against Daesh in northern Syria. THE ASSOCIATED PRESS

### IN BRIEF

#### Pot-luck inauguration

A group of marijuana legalization advocates plan to hand out thousands of joints during President-elect Donald Trump's inauguration.

Pro-marijuana group DCMJ will begin handing out 4,200 joints at 8 a.m. on Jan. 20 on the west side of Dupont Circle. The participants will then walk to the National Mall.

At four minutes and 20 seconds into Trump's speech, DCMJ founder Adam Eiding says protesters will light up.

He says the giveaway is legal as long as it's done on District of Columbia land. THE ASSOCIATED PRESS

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**CALGARY - MACKAY - NOSE HILL**

**Date:** Saturday February 4, 2017

**Time:** 1:30 PM

**Location:** Salvation Army Berkshire Citadel Gym  
222 Sandarac Drive NW, Calgary

If you want to become a delegate for the upcoming leadership convention in Calgary, Alberta on March 17-19, 2017 please send a notice of interest to your DRO, Geoff Pradella at [gmp30@cantab.net](mailto:gmp30@cantab.net) or 403-554-6861 by January 28, 2017 by 12:00pm (noon).

In order to be a delegate nominee or voting member, you must attend the meeting in person, meet all eligibility requirements and hold a membership for at least 14 days prior to the meeting date (11:59pm on January 20, 2017). As well, those wanting to be a delegate nominee will be asked to speak at the meeting.

More details available at [www.pcalberta.org](http://www.pcalberta.org)



# Trade stance winning fans

DONALD TRUMP

## Protectionist rhetoric earns organized labour favour

It probably bodes well for Canadian auto workers that U.S. president-elect Donald Trump is leaning on Ford and General Motors to keep auto production at home, says Unifor national president Jerry Dias.

"Trump, as crazy as he is, is showing governments can play a role" in helping to strengthen the auto sector to save or even create jobs, said Dias, whose union represents 23,000 Canadian employees of GM, Ford and Fiat Chrysler.

He said Ottawa should also "stick its nose" in the auto business after Ford Motor Co. aborted plans this week to build a \$1.6-billion US small-car factory in Mexico that Trump had criticized, with the automaker announcing instead it would invest further

in Michigan.

The surprise move Tuesday was announced just hours after Trump hammered General Motors Co. on Twitter for building its Chevy Cruze hatchback in Mexico and threatening a "big border tax" on the company for importing those vehicles into the U.S.

"I'm thrilled about Ford's investment in Michigan instead of Mexico and creating 700 jobs," said Dias, noting Trump's persistent interventionist campaign with U.S. corporations is clearly making an impact.

Despite the fact that cars and trucks manufactured in Canada are also exported to the U.S., Dias says Trump has "bigger fish to fry" than to bring the hammer down on Canadian imports at this point.

He also said he couldn't be happier with the president-elect's threats of hefty taxes on carmakers who build vehicles south of the Rio Grande on the cheap and then sell them back to U.S. consumers.

TORSTAR NEWS SERVICE



**CRUISE SHIPS HIGH SEAS GO HIGH TECH** Miles Clark of Carnival Corp. demonstrates the Ocean Medallion interface before CES International on Tuesday, in Las Vegas. The medallions — the size of a quarter — act as personal tracking devices to personalize concierge service on cruise ships.

JOHN LOCHER/THE ASSOCIATED PRESS

METRO VANCOUVER

## Housing market cools just slightly

Home sales in Metro Vancouver dropped by 5.6 per cent in 2016, the city's real estate board said Wednesday, wrapping up a tumultuous year in one of the country's most watched housing markets.

The composite benchmark price for all residential properties in Metro Vancouver, as measured by the Multiple Listing Service home price index,

hit \$897,600 in December. That's a 17.8 per cent increase from the same month the previous year.

Residential property sales in the city started the year off strong, sometimes hitting record highs. But partway through the year the market started to cool, with sales and eventually prices declining.

THE CANADIAN PRESS

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## ALEX GILL ON WHY WE NEED A THOUSAND MORE REINAS



### Istanbul's Reina nightclub was (and is) a symbol of a future that is directly opposed to the extremists' divisive ideal of a polarized world.

The news of New Year's Eve attack on Istanbul's Reina nightclub was sadly not unique in 2016. Similar attacks happen seemingly every week in some part of the world. But Reina holds a personal significance for a number of Canadians and a growing network of young people across the globe.

Reina was one of the Istanbul venues that hosted hundreds of young entrepreneurs from around the world — including dozens of Canadians — during the 2015 G20 Young Entrepreneurs' Alliance Summit. The Alliance Secretariat is based in Toronto and traces its origins to the 2010 G20 summit in that city. Each year, the Alliance summit brings together young entrepreneurs to share ideas, build new relationships and talk about the world they want to create.

During my last visit to Reina, I talked with young people from countries as diverse as the U.S., Poland, Australia, Italy, Japan and Brazil about their ideas. I met young Turkish women and men who were hungry to meet others from around the world. I heard from Mexicans who were fighting government corruption, from Indians who were seeking connections in Europe and North America, from Saudis who wanted to help their society evolve in a new

direction.

With the broad span of the Bosphorus bridge arching overhead in the night sky, young people from incredibly different cultures and

It would be too trite to say terrorists do this because "they hate our way of life." The reality is a bit more nuanced. Extremists of all stripes want a polar-



Victims of the New Year's Eve attack on Istanbul's Reina nightclub were merely out celebrating and enjoying life. AP/GETTY IMAGES

backgrounds met, danced and talked about their futures. It was a club full of optimism and music and dancing, fuelled by a belief that tomorrow would be better than today.

The contrast between that happy memory and the grainy footage of the gunman walking through those same rooms on New Year's Eve could not be more pointed. Indiscriminately spraying bullets into the crowd. Returning to the fallen to shoot them again and again. Casually committing incredible violence against people who merely wanted to celebrate and enjoy life.

ized world where the divide is clear between "us" and "them." The Reina that I and hundreds of others enjoyed represents a future that is directly opposed to that divisive ideal.

Our natural reaction in the face of such violence is to turn away from each other. To raise the level of our rhetoric. To introduce more barriers, more walls, more ways to isolate each other. But if we truly want to honour the more than 100 people who were killed or injured in that attack, we should redouble our efforts to do exactly what I saw young people doing in Reina

during the G20 Young Entrepreneurs' Alliance Summit. Find new ways to talk with each other. Build bridges across cultures. Enjoy life and dream of a better life for us and for others.

I was reminded of an incident in 2011, early in the history of our G20 group. Our French colleagues hosted a summit in Nice, bringing speakers such as Mohammed Yunus to challenge and inspire us at a time when Europe was beginning its fiscal crisis. One panel discussion featured French bankers, industrialists and others who were decidedly pessimistic about the future of Europe.

Yet the young people in the audience had other ideas. They talked about their dreams for a growing and confident Europe, one that could encourage more young people to travel and start companies no one had yet thought of. With a mixture of irritation and admiration, one of the panellists responded by saying "Oh, you young people and your enthusiasm!"

And that is the point. That is why we need a thousand Reinas across the world. That is why we need to encourage the bonds between people and cultures that only freedom, true personal and economic freedom, can help create. Because it is those new bonds that will show those who think problems are only solved through violence and walls that a better way is indeed possible.

Alex Gill is a Toronto-based social entrepreneur and activist who has moderated the G20 Young Entrepreneurs' Alliance since 2010.

## VICKY MOCHAMA

### Men are rebranding their activities — and women are helping

In the fight for equality, we haven't yet levelled the playing field when it comes to being sick.

Until now. When my body started heating up with a fever, I didn't realize I was making a feminist breakthrough. (I mostly realized I didn't have any medicine in the house.)

I don't just have any regular flu. I have manflu.

Manflu is when men are cold and have a lot of feelings about it, she says derisively. Actually, it's a pejorative used to describe how men behave when facing a mild illness like the common cold. There's an Internet meme that shows a woman in the middle of giving birth juxtaposed next to a man in bed with a thermometer in his mouth. The caption reads, "During labour, the pain is so great that a woman can almost imagine what a man feels like when he has a fever."

I know I'm afflicted with manflu because I have sent several all-caps texts to friends and family. At 1 a.m. in our family group chat, I may have sent a message about feeling like there are a thousand knives in my throat. I have claimed such despondency that my mother delivered a week's worth of food to my house. I lost my voice for two days and wrote, "I feel so powerless" on my bedroom mirror. No one of any gender has ever had a case of the flu this bad.

Because it's 2017 (a.k.a. the future) and I am a feminist, I

can get anything a man can get. Including the flu virus and the attendant dramatics about it.

Feminism — if you squint hard at the fine print — says women can now do things that men have been doing for ages. For example: wearing pants. We do that now.

We also still wear skirts but that is because modern skirts have pockets — another feminist breakthrough.

But just as we're scaling the heights of gendered oppression, men are rebranding their special activities. You've seen it all over the place. Take a regular bar of soap and put it in a black box. Now it's 'guy soap.' That delicious light-with-hints-of-pear blush wine? Stick a motorcycle on the label. Dudes: we're drinking brose.

Being the wonderful creatures we are, women are helping with this branding effort. When a man explains a woman's expertise back to her, we don't call it patronizing, condescending and wholly unnecessary. We call it mansplaining. There are more variations: manterrupting (when men interrupt), manspreading (when men spread their legs), manboxing (OK, I made this one up but it means when a man is a box).

Naturally, the next step in the fight for equality will be when women take over being systematically rude.

I've done my part by contracting manflu. I did it for the cause.

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## SELF HELP

### Author says arguments can improve relationships

Dealing with opposition, be it from a bossy co-worker, a messy roommate or a nagging partner, is among the most stress-provoking experiences in life. In his new book, *Resolve: Negotiating Life's Conflicts with Greater Confidence*, Hal Movius argues that conflict actually produces beneficial outcomes and makes our relationships better — but only if it is dealt with wisely.

Offering tips to identify and handle tough negotiating tactics, secrets to managing (and maintaining) poise when emotions flare and mastering the art of conflict, Movius spoke with *Torstar* from Charlottesville, Va.

#### Why do you believe that becoming a better negotiator is a good new year's resolution?

One is that conflict is inevitable. We seem to be entering a time globally where there's more conflict in public and political life but, even if that weren't the case, to have relationships (and) to work effectively with others, we are going to encounter disagreements. Most of us improvise our way through it or avoid it. Thinking like a negotiator and learning key moves can help you to be more proactive and to normalize the idea that conflict is an overlooked opportunity.

**Are there any pitfalls you see when people engage with conflict? What do you think we should be trying this year?** What I tried to do in the book is look at how each of us might fall prey to different



## Fight better this year

**Conflict resolution tips if your plan for 2017 is to stop being a pushover**

pitfalls and how to use specific tactics to counter those but, if I had to generalize, I would say that people don't see how a conflict can become a negotiation. Seeing conflict as a part of leading a good life and an occasion for better outcomes rather than a headache would be the thing I would wish for most people to do. That's also what the research tells us: You can do conflict better but you have to treat it like other difficult tasks, or a practice that

you develop over time. You don't just become a good tennis player or cook by having the sudden urge to do it — it takes work. There are ways of practising negotiation that makes you better.

**Early in the book, you write that people don't see good negotiation modelled enough. So what does good negotiation look like, say, in a personal relationship?** Partners who have "good

fights" tend to pick their moments. They don't push and say, "we need to talk about X right now" or start by insisting. The second thing is they start with a constructive frame and a specific complaint about a thing that happened and not a criticism about the character of the other person. Don't start an important conversation after a busy day or a few beers. Another tip is that, if you have to talk through something as a couple, it helps

if you take a walk together instead of sitting across the kitchen table.

**What about in the workplace?** Effective leaders, more than anything else, tend to imagine how the other side might see a situation and the issues. The big misconception in conflict is that you have to convince the other side that they have to care about the same things you do. What great negotiators do is ask a ton of questions at

the front end about what the other party really cares about. If I can figure out what is most important to you and to me and notice those differences, I can craft a proposal that exploits them without just compromising.

#### You write that learning to navigate conflict within close relationships strengthens the bond. Can you explain?

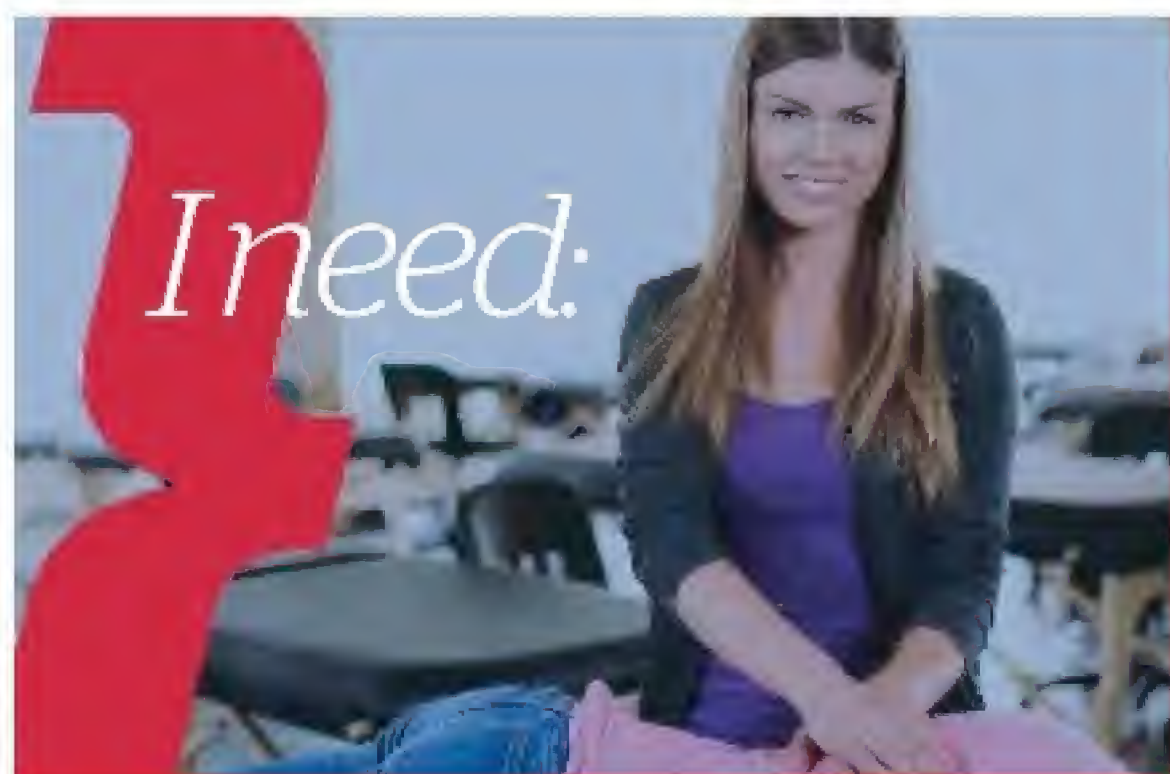
So the first thing is that if I am not afraid to enter into conflict and I have a repertoire of helpful moves to navigate it, I'm more likely to get more of the things that I want while preserving the relationship I



**Cultivating curiosity about yourself and the other person is a powerful move.**

Hal Movius, a psychologist and negotiation expert

have. The second thing is that, if I learn about some of the pitfalls or the behaviours that aren't helpful I can learn to recognize them. When couples recognize those patterns, they can also then ask: "What can we do about it?" There are things we can do to contain conflict and steer the conversation in a direction that can take it away from the rocky places where we can do damage. TORSTAR NEWS SERVICE



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## BIRDS ART LIFE

## Memoir takes flight uncovering nature



Kyo Maclear's memoir, *Birds Art Life*, is out now. TORSTAR

Kyo Maclear was at a low point — shaken by her father's faltering health and feeling like she had a "broken part" — when she found uplift in an unlikely source: birds.

It was 2013 and Maclear's dad, the journalist and documentary filmmaker Michael Maclear, had recently suffered two strokes. As the children's author and novelist helped tend to her father in drab hospitals and rehabilitation facilities, she struggled to write (it seemed an "overly complicated, dubious effort"), found her solitary time fragmented by caretaking duties as both daughter and mother, and failed to find enduring distraction in art lessons or other outlets.

Then she watched Alan Zweig's documentary *15 Reasons to Live*, which her composer husband was scoring, and found resonance in the story of Jack Breakfast, a Toronto musician who found unexpected peace photographing birds. Maclear arranged to meet the musician and soon a project took flight: she would shadow him on his birding sojourns for one year and document what she found.

"Maybe in my fantasy I'd like to be a grand expeditionary writer," Maclear said one morning recently from a booth in High Park's Grenadier Restaurant, "and this guy seemed to be doing grand expeditions in the city and seeing incredible things."

"It just seemed amazing, magical and spacious, and I didn't

feel my life was very spacious at the time. I felt very squeezed and grounded in my life. I felt maybe that I wanted something transcendent. Birds gave me that."

The result of Maclear's year is her new memoir *Birds Art Life*, an incandescent exploration of beauty, inspiration, art, family and freedom that seems to leave no topic out of its binocular scope. The book shares obvious appeal to fans of Helen Macdonald's 2015 bestseller *H is for Hawk*.

It's worth pointing out that pre-existing bird knowledge is definitely not a prerequisite to reading *Birds Art Life*. Certainly, Maclear didn't know anything about birds before her yearlong aviary apprenticeship and she was perhaps an unlikely candidate for the pastime.

A lifelong city-dweller, Maclear was born in London and raised in Toronto.

When Maclear began her adventures in birding, though, she discovered nourishment in nature. She began to notice the beauty of the birds, their joyful music and the helpful level of patience the practice demanded.

As she scrutinized birds for the first time, she also took joy in their lack of "special regard for humans."

The book's reach is expansive, spanning philosophy, art, love and cities, specifically the importance of finding beauty in drab urbanity. TORSTAR NEWS SERVICE

# Affectionate squabbles in Fisher-Reynolds doc



Debbie Reynolds holds Carrie Fisher in the HBO documentary *Bright Lights*, set to premiere on the network on Jan. 7. HANDOUT

## BRIGHT LIGHTS

## Struggles with aging, manic depression highlighted

HBO has released the trailer for a documentary on the complicated but loving relationship between a mother and daughter, Hollywood stalwarts Debbie Reynolds and Carrie Fisher.

The documentary, titled *Bright Lights: Starring Carrie Fisher and Debbie Reynolds*, will premiere on the network on Jan. 7.

Clips show the pair affectionately squabbling over an outdated cell phone as well as discussing Fisher's struggle with manic depression, now known as bipolar disorder, as well as the difficulty of aging.

"Age is horrible for all of us but she (Reynolds) falls from a greater height," Fisher observes.

Its original March release date was moved up following the sud-

den death on Dec. 27 of Fisher, 60, a best-selling author best known for playing Princess Leia in the original *Star Wars* trilogy who reprised the role for the first film in the new trilogy, *Star Wars: The Force Awakens* in 2015.

Debbie Reynolds, best known for her roles in films like *Singin' in the Rain* and *The Unsinkable Molly Brown* — which earned her an Oscar nomination for best actress — was 84 when she died a day later on Dec. 28.

USA Today described the documentary, which had its world premiere at the Cannes Film Festival last May, as "an intimate portrait of Hollywood royalty" told through interviews, home movies and other material.

People Magazine has reported a memorial will be held for Fisher and Reynolds on Thursday, Jan. 5.

Mother and daughter, who were next-door neighbours in a Hollywood compound, will be buried on Friday, Jan. 6 at the Forest Lawn Memorial Park in Los Angeles. TORSTAR NEWS SERVICE

## TRUMP

## Reality star to join White House

Omarosa Manigault is getting hired.

A memorable contestant in the first season of *The Apprentice*, Manigault is expected to join President-elect Donald Trump's White House staff, according to two people familiar with the decision. Her job is expected to focus on public engagement.

Manigault was one of Trump's most prominent African-American supporters during the campaign and has been working with his transition team. Her

effusive praise of Trump has at times drawn criticism.

"Every critic, every detractor, will have to bow down to President Trump," she said in an interview for a PBS Frontline documentary about the presidential campaign. "It is the ultimate revenge to become the most powerful man in the universe."

Manigault, who prefers to use only her first name, made it through nine weeks of *The Apprentice* before Trump directed his infamous tagline, "You're fired," at her. She was portrayed

as a cut-throat contestant during the season. She returned to Trump's *Apprentice* franchise several times and has appeared on other reality TV shows.

Manigault said she has stayed close to Trump over the years and served as his campaign's director of African-American outreach.

This will be Manigault's second season at the White House. She worked in the office of Vice-President Al Gore during the Clinton administration. THE ASSOCIATED PRESS



Omarosa Manigault. EDUARDO MUNOZ ALVAREZ/AFP/GETTY IMAGES



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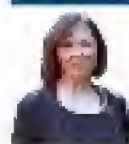
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JOHANNA SCHNELLER WHAT I'M WATCHING

# Networks chase their tails ... then eat them

**THE SHOW:** Jimmy Kimmel Live!, Jan. 2, 2017 (ABC)  
**THE MOMENT:** The Ouroboros

The actor Joel McHale, who mocked TV professionally when he hosted *The Soup*, is Kimmel's first guest. Kimmel asks him to comment on *The Bachelor*, which had its season premiere earlier that night (on ABC), with Bachelor Nick Viall.

McHale is scathing. He calls the show "a parade of unstable sluts trying to get a date." He says former Bachelor Jake Pavelka "looked like he should have starred in *American Psycho*." He demonstrates how both Jake and Nick talk while smiling. (It's creepy and hilarious.) Asked his favourite Bachelorette, he answers, "Kaitlyn, because there were like, five Kaitlyns."

"You mean the Kaitlyn (Bristowe) who's here tonight?" Kimmel asks.

"I don't care," McHale scoffs.

Kimmel's next guests are Bristowe and Viall. She rejected him



Former Bachelorette Kaitlyn Bristowe. CONTRIBUTED

in a prior season, so everyone anticipates awkwardness. But Bristowe wants only to diss McHale. She calls him a dick. "I saw you backstage," she says, "and guess what, I don't like you."

"Who knew when we invited you on," Kimmel asks, chuckling, "that all your anger would be directed at Joel McHale?"

Cable and streaming services are shredding network TV, and this is the networks' solution: to double down on themselves. On his ABC show, Kimmel hosts ABC

stars who talk about other ABC shows; he'll also host the Oscars — on ABC. On Sunday night, NBC's Jimmy Fallon is hosting the Golden Globes on NBC.

They're all pretending TV is still a closed shop, and they still run it. They're the Ouroboros — the creature that eats its own tail.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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## MEET THE CONDO



## ARRIVE AT SKYVIEW RANCH ARBOURS

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### Project overview

ARRIVE at Skyview Ranch Arbours is an inspired development that combines the charm of rustic traditional living with the best in modern design. The building materials reflect a commitment to building sustainable homes that are both energy and cost efficient.

### Housing amenities

These fully finished Certified Built Green three-storey townhomes feature heated single-attached garages with full-depth driveways, private garden plots, a playground with seating areas and more to create the perfect community.

### Location and transit

Located within minutes of Metis Trail, Stoney Trail, Country Hills Blvd. and Deerfoot Trail, this project will have a future Skyview LRT station within walking distance. It currently has access to school buses and the Bus 445, which is just a block away.

### In the neighbourhood

CrossIron Mills, Costco and a casino and race track are all within six minutes from ARRIVE at Skyview Ranch Arbours, as well as several day homes nearby and a child care centre. There is also a new K to 8 school under construction.

KRISTA SYLVESTER/FOR METRO

### + NEED TO KNOW

**What:** ARRIVE at Skyview Ranch Arbours  
**Builder:** Partners Development Group Ltd.  
**Architect:** AMR Design Works Ltd.  
**Location:** Skyview Ranch Arbours (Off 60 St. and Skyview Ranch Ave. N.E.)  
**Building:** 22 buildings in a 152 townhome community

**Sizes:** 1,201 to 1,603 sq. ft.  
**Pricing:** Between \$279,900 and \$349,900  
**Status:** Some buildings still under construction, some are move-in ready  
**Sales Centre:** 70 Skyview Ranch Avenue N.E.  
**Email:** info@arrivehome.ca  
**Phone:** 403-264-8963  
**Website:** arrivehome.ca

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# What's hot on the market

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**Scollen House by 320 Mission Developments:** Located in trendy Mission, this 5-storey, 52 unit complex offers smart floor plans, sleek finishes and an enviable location. Check out the sales centre at 320 25th Ave. S.W.

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### 3 SALES CENTRE NOW OPEN

**Vogue by La Caille:** Nestled in West Village, location is everything at Vogue by La Caille as the project is just one block from the 8th Street LRT station. Visit the Sales Centre located at 912 5th Avenue S.W.

KRISTA SYLVESTER/FOR METRO









## NFL IN BRIEF

**Tannehill unlikely to start as Dolphins travel to Pittsburgh**

Ryan Tannehill stood on the practice field Wednesday, idly spinning a ball in his hands as he watched teammate Matt Moore throw.

That's how the injured Dolphins QB is preparing for the Miami Dolphins' playoff game Sunday at Pittsburgh, where he will also likely be a spectator.

THE ASSOCIATED PRESS

**Packers CBs battered**

Green Bay's Quinten Rollins has been placed in the concussion protocol following his injury in last week's over Detroit, while fellow Packers cornerback Damarious Randall practised Wednesday.

Rollins' status provided a bit of good news for the team's secondary ahead of the NFC playoff game on Sunday against the New York Giants. THE ASSOCIATED PRESS

# Dress rehearsal over for Raiders' Cook

## WILD-CARD GAME

## Rookie QB to get first start in playoffs; a league first

For the first 15 games of the season, rookie Connor Cook was inactive each week, making his biggest contribution as a scout team quarterback who would sometimes dress up like Cam Newton or Philip Rivers before Oakland faced those stars to lighten the mood at practice.

Now with the Raiders set to play their first playoff game in 14 years, Cook has been thrust into a much more significant role. He will become the first quarterback in the Super Bowl era to make his first career start in a playoff game when Oakland (12-4) visits Houston (9-7) on Saturday in a wild-card matchup.

"I'm just embracing the opportunity," Cook said Wednesday. "I'm going to go out there and have fun, let it all hang out and obviously prepare my butt off and do what I've been doing all year long and go out there and have fun with my teammates."



Rookie QB Connor Cook will get his first NFL start on Saturday in Houston. NORM HALL/GETTY IMAGES

Cook moved up to the backup spot last week after starter Derek Carr broke his right leg in the second-to-last game of the regular season. He then got his first real action last Sunday in Denver after Matt McGloin was knocked out with a left shoulder injury.

With Carr still sidelined and McGloin slowed by the injury, coach Jack Del Rio called the

decision to turn to Cook an easy one. "We just want him to be himself and do what he can do," Del Rio said. "He played pretty well when he went in and Matt's hurt. We're hoping to get Matt healthy enough to be in a backup role. Right now, that remains in question."

Cook showed some positive signs in his limited action last week even though Oakland lost 24-6 to the Broncos to miss an opportunity to clinch the AFC West and earn a first-round bye.

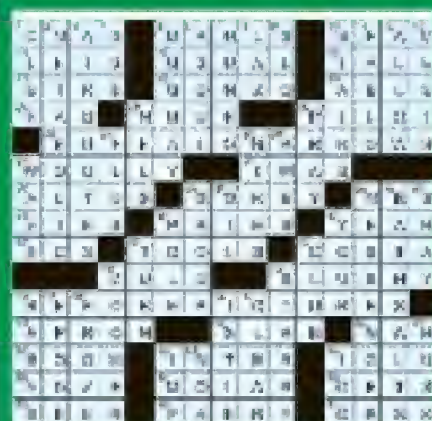
He completed 14 of 21 passes for 150 yards and a 32-yard TD pass to Amari Cooper but also turned the ball over twice against one of the league's top defences.

The challenge won't get any easier this week against a highly regarded Houston defence led by edge rusher Jadeveon Clowney.

"It's obviously not ideal," Del Rio said. "Healthiest option so it makes it really an obvious choice." THE ASSOCIATED PRESS

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2	9	4	3	5	7	1	8	6
3	7	6	8	2	1	5	4	9
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Calgary



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If you have questions about your 2017 business assessment, contact Assessment at 403-268-2888 during the Customer Review Period on now until March 6, 2017.

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MAKE IT TONIGHT

# Sweet and savoury Chinese Five Spice Chicken Tray Bake



PHOTO: MAYA VISNIE

**Ceri Marsh & Laura Keogh**  
For Metro Canada

We love the pairing of sweet and savoury Chinese 5-Spice alongside garlic and sweetly roasted onions.

**Ready in 20 minutes**

Prep time: 1 hour  
Cook time: 20 minutes  
Serves 4

**Ingredients**

- 3 Tbsp olive oil, plus extra for onions
- 4 to 5 garlic cloves, pressed
- 1 Tbsp rice vinegar
- 1 Tbsp brown sugar
- 1 tsp Chinese 5-spice
- 1/2 tsp salt
- 6 large skinless, boneless chicken thighs
- 2 onions, peeled and sliced
- 1 tsp fresh chopped cilantro

**Directions**

**1.** Combine olive oil, garlic, rice vinegar, brown sugar, 5-spice and salt in a large resealable plastic bag. Add chicken thighs; seal and coat chicken with sauce. Chill at least 1 hour or overnight.

**2.** Preheat oven to 400. Slice and coat onion in a bit of olive oil. Spray baking sheet with non-stick cooking spray. Scatter onion slices on baking sheet.

**3.** Remove chicken from refrigerator and arrange on top of onion. Roast until chicken is cooked through, about 20 minutes.

**4.** Remove tray from oven and let cool for a few minutes. Sprinkle chicken and onion with cilantro and serve warm.

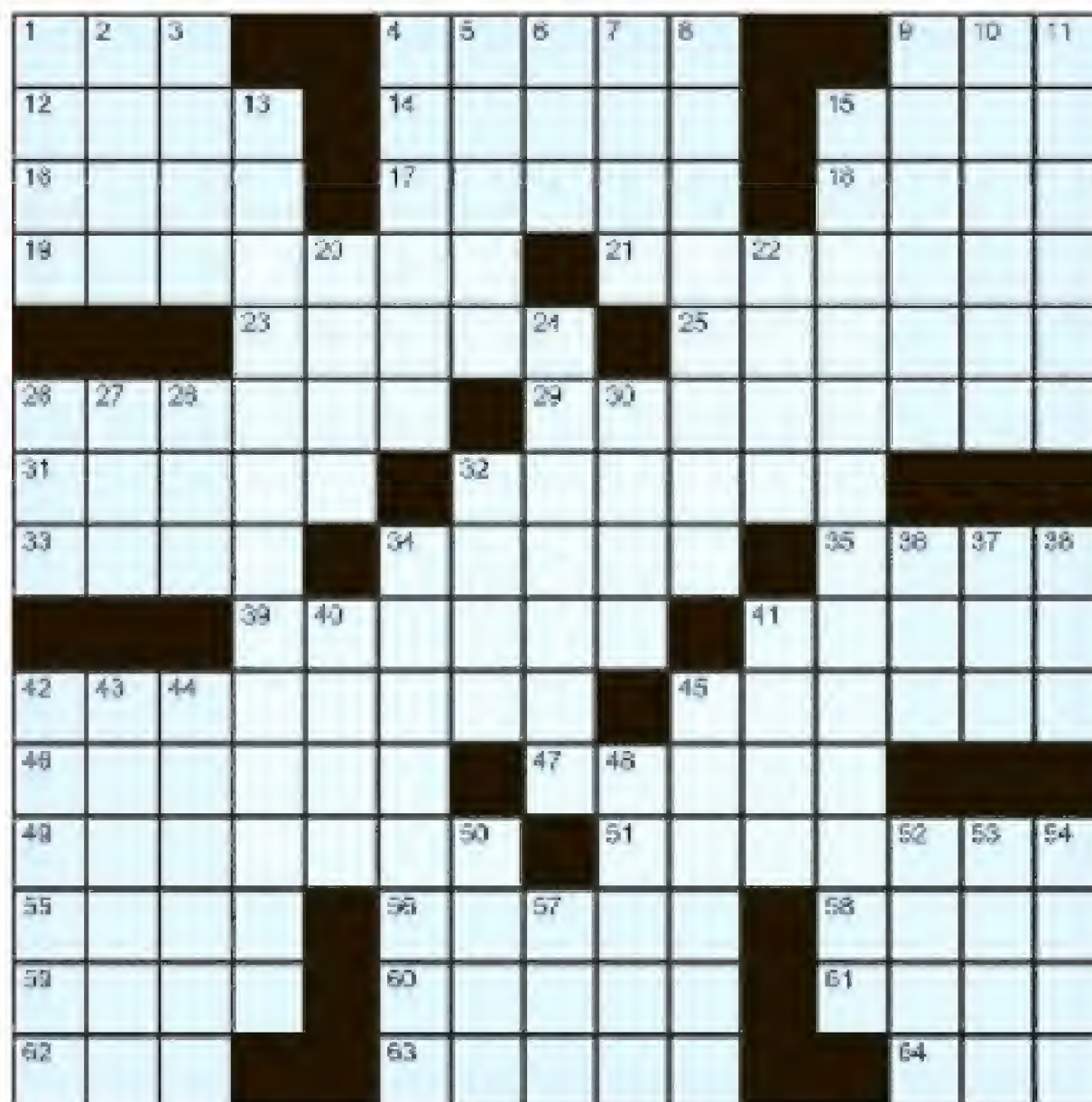
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

**ACROSS**

- Backwards boiling-ly brewed beverage
- Wooden strips
- Round shape, for short
- Travel, like a tributary
- \_\_ rate monitor
- Additional
- Canadian singer Mr. Vannelli
- Ms. O'Donnell
- 'Characters' selves
- Follicles fastener
- 'Dripsody': Hugh \_\_ (Canadian physicist/composer/electronic music instruments designer, b.1914 - d.1977)
- Fermented milk product
- Younger actress sister of Canadian silent film star Mary Pickford
- Buoyant
- \_\_ brakes
- Holier-than-thou
- Peter of 'My Favorite Year' (1982)
- Writer's work
- Deuce-ace
- Browse the Web
- Ontario village sharing the name of Shakespeare's Two Gentlemen' play
- Someone saying 'Shameful.'
- Flourishing
- Ms. Anderson
- Directed
- Room, in Rimouski
- Venerated
- Alberta hamlet sharing the name of a Sir of the Round Table
- Buckeye State
- 'You can't be serious?!': 2 wds.
- Variety
- Grannies
- Humdrum
- New Brunswick's motto: \_\_ Reduxit



**DOWN**

- Kabul's country, briefly
- Director Mr. Kazan
- Dancer/singer Ms. Basil
- Short \_\_ (Curt brush-off)
- Q. 'What's novelist Mr. Uris' first name?'

- '\_\_ \_ think.'
- Some batteries
- Three-book set, tiny-ly
- Worky boot feature: 2 wds.
- \_\_ ergo sum (I think therefore I am)
- 'Jagged Little Pill' hit

- Look for again
- Fitness industry products; 2 wds.
- Vegetarian's almost-like-the-real-thing purchases, perhaps; 2 wds.
- Particular pulses
- Spiral shape
- TV exec's interest
- Pertinent
- Part of a Giant's holles!
- Brunch offering
- Songstress Ms. Hendryx
- '\_\_ \_ the other hand...'
- Weapons for 'net fighter' Gladiators known as Retarii
- Baby guitar
- Protestant, e.g.
- Monk's title
- Hardly \_\_ (Rarely)
- High
- Queen's chair
- Buck Owens/Roy Clark variety show: 2 wds.
- Valley
- Didn't sit on the bench at the game
- Quartz variety
- '\_\_ \_ the Explorer'
- Prefix to 'al-lergenic'
- Peak
- Ms. Lovato
- Stand-up's gift

## IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Because you feel headstrong and passionate about something today, you cannot predict how this day will unfold. But it's safe to say that you will have detours and interruptions.

**Taurus** April 21 - May 21  
This is a friendly and social time for you, which is why you are intrigued by someone who is different or from another culture. A casual friendship might heat up into something cozy.

**Gemini** May 22 - June 21  
A friend might surprise you today. Or possibly, you will meet someone who is a real character. In any event, it's not a boring day.

**Cancer** June 22 - July 23  
A discussion with a boss or parental figure will surprise you today. Whatever happens, do not be hasty — and do not quit your day job.

**Leo** July 24 - Aug. 23  
Travel plans might be detoured, delayed or cancelled today. Be ready for anything, because interruptions are par for the course.

**Virgo** Aug. 24 - Sept. 23  
Double-check financial matters with your bank and anything to do with taxes and debt today, because something unexpected might be brewing. Don't be caught off guard.

**Libra** Sept. 24 - Oct. 23  
A close friend or partner likely will say or do something that surprises you today. Keep a light-hearted point of view. Humour always puts perspective on things

**Scorpio** Oct. 24 - Nov. 22  
Computer glitches, staff shortages and cancelled appointments are just some of the surprises that will interrupt your routine at work. Don't make a big deal about things.

**Sagittarius** Nov. 23 - Dec. 21  
A surprise invitation to a social event might come your way. Conversely, social plans might be changed. It could be anything, which means you have to be ready to go with the flow.

**Capricorn** Dec. 22 - Jan. 20  
Your home routine will be interrupted today, perhaps because of a discussion with a parent or a female relative. Be wise and remain cool.

**Aquarius** Jan. 21 - Feb. 19  
Pay attention to everything you say and do today in order to prevent doing anything you later regret. An ounce of prevention is worth a pound of cure.

**Pisces** Feb. 20 - March 20  
Keep an eye on your money and possessions today to prevent loss or theft. Something unpredictable might happen. The upside is that you might find money or something you previously lost.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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